BENGALURU, TUESDAY, JUNE 16, 2026 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 23 | Humidity 69% Mostly cloudy Sensex 76,264 | Nifty 23,853 | Gold 1,52,242 | Silver 2,51,985 | Dollar 94.50 | Euro 109.90 | GBP 126.91

FLOW STOPPER

Elevated fluoride level in relatively clean lakes of city shows we may have a bigger contamination problem that we thought

PAGE 4

COST OF LIVING

Export-driven rice shortages, pricey LPG and high freight costs leave families facing inflationary pressure

PAGE 5

Rainy days are here and as most roads in city still pockmarked with potholes, motorists risk their lives to navigate stretches of waterlogged roads that hide treacherous craters

PIT STOP BENGALURU

Recent repair work has come undone at many areas

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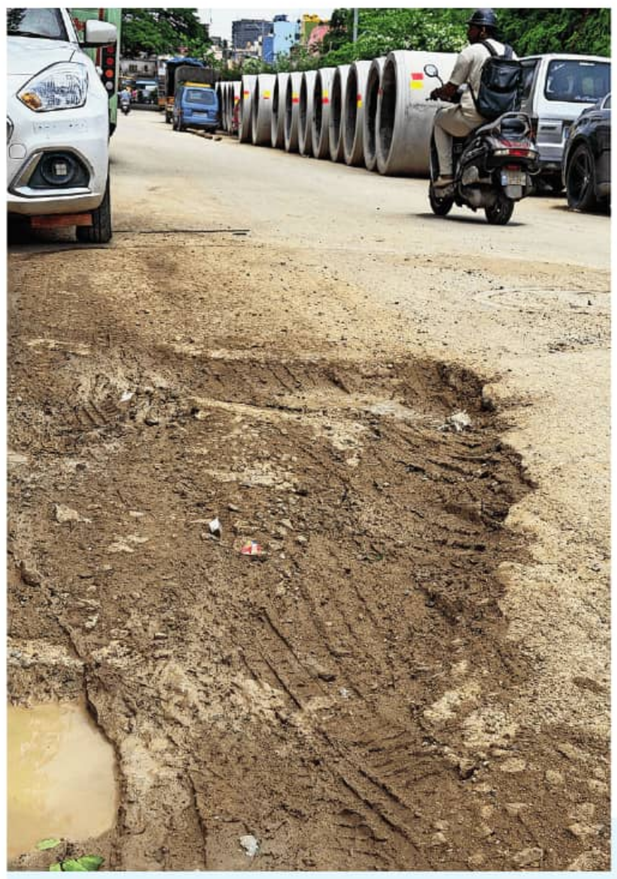
PICS: KAUSHIK JN



Monsoon is truly upon us, but Bengaluru finds itself quite unprepared as usual. The Commissioners of City Corporations under Greater Bengaluru Authority (GBA) have been directing engineers to fill up potholes and craters on the city roads to ensure smooth vehicular movement. Issuing directions has become a routine for the Commissioners while ignoring such directives has become a habit for engineers.

Motorists dread going out after rain as the roads are especially treachorous. The death of a 42-year-old woman, who was navigating a pothole-ridden stretch between Marathahalli and Siddapura on Saturday morning, is a case in point. Following heavy rain on Friday night, the road stretch was waterlogged. The woman's scooter hit a pothole and skidded and the woman was crushed by an oncoming bus.

Elsewhere in the city, makeshift measures are being put in place to keep traffic moving. An Assistant Sub-Inspector (Traffic) was seen engaging a tractor to fill up a huge crater on a road near Tubarahalli Bus Stop on Saturday. The ASI saw that motorists were slowing down on the road due to the crater. He asked the tractor driver to fill the crater with soil as there was no hope of Bengaluru East City Corporation (BECC) engineers taking measures to fix the road.

"We have no other option than engaging a tractor to bring soil to fill up potholes and craters as motorists slow down and this results in huge traffic jams during peak hours," said a police constable (traffic).

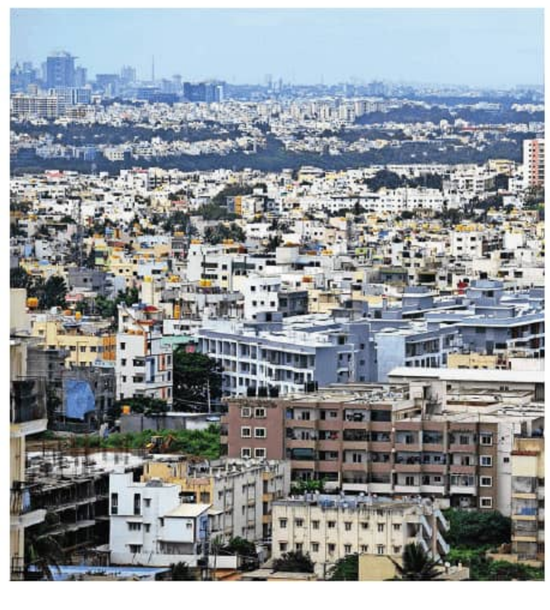
CONTINUED ON PAGE 8 >>

"Rainwater often hides these hazards, making them especially dangerous for two wheelers and risking fatal accidents. I urge daily inspections of our roads during daylight so potholes are identified and repaired promptly, preventing injuries and saving lives

— Vinod Jacob, urban strategist

Future is concrete

Study outcomes reveal surge in built-up area, decline in dense vegetation in city



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Given the status quo, Bengaluru is set to witness a drastic surge in concrete surface over the next two decades, a study by the University of Delhi has highlighted.

The study's outcomes show an extreme surge in the built-up area from 277.93 sq km in 2000 to 501.89 sq km in 2020. It also underlines that the built-up area is expected to be 666.19 sq km by 2045, an additional 164.30 sq km.

This, accompanied by a sharp decline in dense vegetation, has led to large areas in the city with temperatures ranging between 30 and 35 °C during the summer.

Green cover in the city is expected to go down to 373.25 sq km from 484.37 sq km, a loss of 111.17 sq km.

According to researchers, this growth in concrete surface and drop in vegetation cover are due to continuous urban expansion owing to development pressures.

Although water bodies are projected to increase marginally from 18.43 sq. km to 19.81 sq. km as per the study, researchers

CONTINUED ON PAGE 8 >>

THINGS TO DO

01 Stage set

Antharanga presents Olacharandi Purana, a satirical play adapted from Dr Nagathihalli Chandrashekhar's story by Dr Gowrish Joshi, exposing bureaucratic apathy toward environment with wit, surrealism and sharp social commentary.
Where: Indian Institute of World Culture, Basavanagudi;
When: June 18, 7.15 pm

02 Unfolding traditions

Divine Delicacies, a storytelling and menu tasting session by Aparna Jaishankar, offers a sensory journey through India's sacred kitchens while uncovering the myths, history and folklore behind beloved temple prasadams.

Where: Atta Galatta, Indiranagar;
When: June 21, 12.30 pm

03 Mythic tale

Shurpanakhi, an experimental theatre production weaves together Odissi dance, theatre and Yakshagana to reimagine Shurpanakhi not as a demoness, but as a woman, exploring her story through movement and emotions.

Where: Ranga Shankara, JP Nagar;
When: June 21, 3.30 pm, 7.30 pm

04 Pet gala

Pet Circle is a vibrant two-day celebration bringing interactive experiences, shopping, entertainment, community moments and leading pet brands under one roof for pet parents and their furry companions.
Where: Nexus Vega City Mall;
When: June 20, 21, 10.30 am

05 Art of writing

Atta Galatta is hosting an interaction with Sudha Subramanian as she launches her latest book, The Invisible Lines. The conversation will explore how growing up in a small town influenced her storytelling, her publishing journey and more.
Where: Atta Galatta, Indiranagar;
When: June 20, 2.30 pm

CET delay leaves students in limbo

While addition of seats in key courses enhance opportunities for students, delay in release of final seat matrix and fee structure ends up slowing down entire process of CET counselling

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Increase in seats is expected to benefit students who earlier had to look beyond Karnataka for education opportunities

KEA launches new app which allows students to receive guidance from faculty members and senior students, including option for female candidates to seek support from women mentors

Students aspiring for professional courses are staring at a mixed bag this year. While the government has significantly increased the number of seats in medical, engineering, nursing and pharmacy courses, the CET counselling process is likely to face further delays due to pending approvals and technical procedures. According to data released by the Karnataka Examinations Authority (KEA), medical seats have increased from 9,282 across 65 colleges last year to 10,559 seats in 66 colleges this year. Engineering colleges have risen from 216 to 228, taking the total intake to 85,020 seats. Nursing has witnessed one of the biggest jumps, with seats increasing from 24,642 to 34,050. Pharmacy colleges have grown from 129 to 155, pushing seat availability from 2,855 to 3,414. Experts say the increase will particularly benefit rural and middle-class students, who earlier had to look beyond Karnataka for professional education opportunities.

However, the delay in releasing the final seat matrix and fee structure for courses such as agriculture, veterinary sciences and pharmacy has slowed down the counselling process. While KEA was initially preparing to begin counselling from June 10, the schedule has now been pushed to at least June 13. Officials said the final approval awaits clearance from the government, as the Higher Education Department is yet to submit the complete matrix. KEA Executive Director H Prasanna said counselling would begin as soon as the seat matrix is received. To assist students through the admission process, KEA has also launched the new 'KEA Connect' app, which offers guidance from faculty members and senior students, including an option for female candidates to seek support from women mentors. Despite the increase in seats, concerns remain over vacant engineering seats. Nearly 16,000 seats went unfilled last year, with traditional branches such as Mechanical and Civil Engineering accounting for over 5,000 vacant seats.

No separate CET application from 2027

Students seeking admission to professional courses may no longer have to submit a separate application for the Undergraduate Common Entrance Test (UG-CET) starting from the 2027-28 academic year. The Karnataka Examinations Authority (KEA) has decided to integrate the CET application process with Second PUC admissions, allowing students to indicate their CET preference while joining the PU college itself. After completing the process and paying the prescribed fee, candidates will be able to download their CET hall tickets. The move aims to reduce pressure on students who currently must submit CET applications along with multiple supporting documents such as caste, income, rural quota and disability certificates while simultaneously preparing for their Second PUC board examinations.

SATS, KAAS portal glitches disrupt school admissions

Even as the new academic year is underway, private schools across Karnataka are facing difficulties in processing admissions and student records due to technical issues in the Student Achievement Tracking System (SATS) and Karnataka Attendance Administration Service (KAAS) portals.

Private schools, which typically handle many admissions annually, say the delay is creating inconvenience for students, parents and administrators.

The Karnataka Associated Managements of Schools (KAMS) has written to the Commissioner of the Department of School Education and Literacy, highlighting frequent glitches in the KAAS portal.

In its letter, KAMS stated that recurring technical and operational issues in the portal have led to confusion among schools seeking support. According to the association, many institutions have been contacting KAMS office-bearers for assistance, mistakenly assuming the organisation is responsible for portal administration and technical support.

"Due to the lack of clear official support communication, many institutions are contacting KAMS-related numbers for help. This has resulted in repeated calls and messages throughout the day and even late at night to KAMS office-bearers, despite KAMS having no role in the operation or technical support of the KAAS portal," said D Shashi Kumar, General Secretary of KAMS, in the letter.

KAMS has urged the Education Department to immediately publish official KAAS portal helpline numbers, email IDs and support channels, strengthen technical support mechanisms for quicker resolution of issues and issue a clarification that the association is not connected with the portal's administration. **–BMB**

Minister seeks details on RSS operations

In a letter addressed to Rashtriya Swayamsevak Sangh (RSS) Sarsanghchalak Dr Mohan Bhagwat, Karnataka Home Minister Priyank Kharge formally sought accountability on the organisation's operational matters.

Matters such as details of its office bearers, legal status, authorised representatives, sources of income, expenditure and assets, the legal basis on which activities are carried out, alongside permissions obtained for public events were mentioned.

The Minister later congratulated the organisation for sustaining for 100 years but said that none can escape scrutiny in a constitutional democracy. He further encouraged the latter to demonstrate their organisational values of nationalism, discipline and duty through transparency, compliance and respect for the Constitution. **–BMB**

Welfare kits bring relief to traffic police

Every day, traffic police personnel across Bengaluru spend long hours under the blazing sun, heavy rain, dust and pollution while ensuring that millions of commuters reach their destinations safely.

Recognising these challenges, volunteers recently undertook a welfare initiative aimed at supporting traffic police personnel working on city roads. As part of the programme, 200 welfare kits were distributed to officers serving in the South Division. Each kit included helmets, raincoats, rain-protective jackets, reflective safety vests, sunglasses, masks, hand gloves, umbrellas and bottles. The equipment is expected to help officers stay protected from harsh weather while improving their comfort.

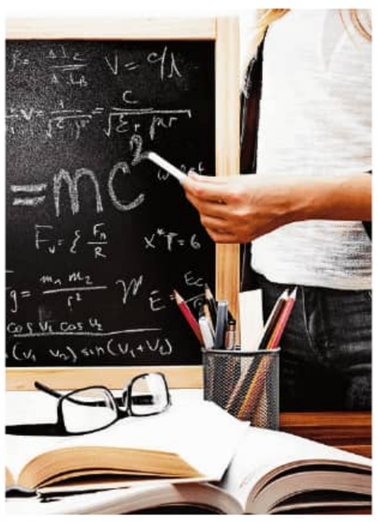
Manjunath R, Assistant Commissioner of Police - Traffic South Sub Division, said, "Such efforts go a long way in boosting morale and supporting their well-being as they continue to serve the public." **–BMB**

'Declutter' app faces complaints over delays

The 'Declutter' app, launched to tackle the growing problem of discarded household items such as old sofas, mattresses, broken furniture and appliances littering the city's roadsides, is drawing complaints from residents over delayed pickups and poor service response. While the app received an encouraging response after its launch on May 16, with over 15,000 downloads and hundreds of bookings for free doorstep collection of bulky household waste, many users claim that collection vehicles are not arriving as scheduled and that they receive little information on the status of their requests.

Several residents have alleged that waste remains uncollected days after booking through the app, while others say they were not informed about collection dates or updates. The service currently operates mainly on Sundays and officials had earlier indicated that collections would expand to other days as demand increased. Citizens are now urging the Bengaluru Solid Waste Management Ltd (BSWML) to address operational and technical issues quickly to ensure the initiative delivers on its promise of helping keep the city clean. **–BMB**

Private schools face teacher drain



Schools are facing a potential teacher shortage as the state government has begun recruiting guest teachers after the academic year has already started, according to Dr Halanuru Lepakshi, President of RUPSA.

He said many teachers currently employed in private schools are opting to join government schools as guest teachers, leaving private institutions struggling to retain experienced staff midway through the academic year.

Lepakshi warned that the exodus could disrupt classroom teaching, affect syllabus completion and impact students' learning outcomes.

He urged the government to complete guest teacher recruitment in April or May each year, before the start of the academic session, so that both government and private schools can plan their staffing requirements effectively.

He also called on the government to review the recruitment schedule and consult all stakeholders to prevent disruption to the education system and safeguard academic standards. **—BMB**

English-medium dream stalls after class 7

Nearly 30,000 students who studied in the English-medium sections introduced in 1,001 government Kannada schools across the State face uncertainty over their future education. Launched in 2018-19 to help children from poor and farming families access English-medium education, the programme has now produced its first large batch of Class 7 graduates. However, the government has yet to introduce English-medium sections in Class 8, leaving students and parents uncertain about where they should continue their studies.

With admissions for the new academic year already under way and June half over, no decision has been announced. Many students cannot afford private schools, while government high schools offering English-medium education are unavailable in several areas. Education officials have reportedly written to higher authorities seeking approval to introduce English-medium Class 8 sections from 2026-27, but parents and students continue to await clarity as concerns grow over the impact on their academic progress. **—BMB**

No merit loss, assures KEA

The Karnataka Examinations Authority (KEA) has assured students that the CET counselling process will be conducted in a manner that does not disadvantage meritorious candidates seeking medical and dental seats through NEET.

Speaking at the VK Education Fair, KEA Executive Director H Prasanna urged students not to worry about seat allotment and to focus on preparing for the NEET examination on June 21.

Prasanna said KEA is ready to allot seats strictly on merit and has put measures in place to avoid problems arising from delays in the declaration of NEET results. Engineering and medical admissions will be conducted through separate counselling processes.

NEET candidates will participate in the second round of counselling for medical, dental and AYUSH courses, by which time the results are expected to be available. He also said a pre-round counselling exercise will be held during the first round this year due to the delay in results.

Special-category candidates will be classified separately to provide better opportunities for upgrades, while option entry will remain open even after the publication of mock allotment results. **—BMB**

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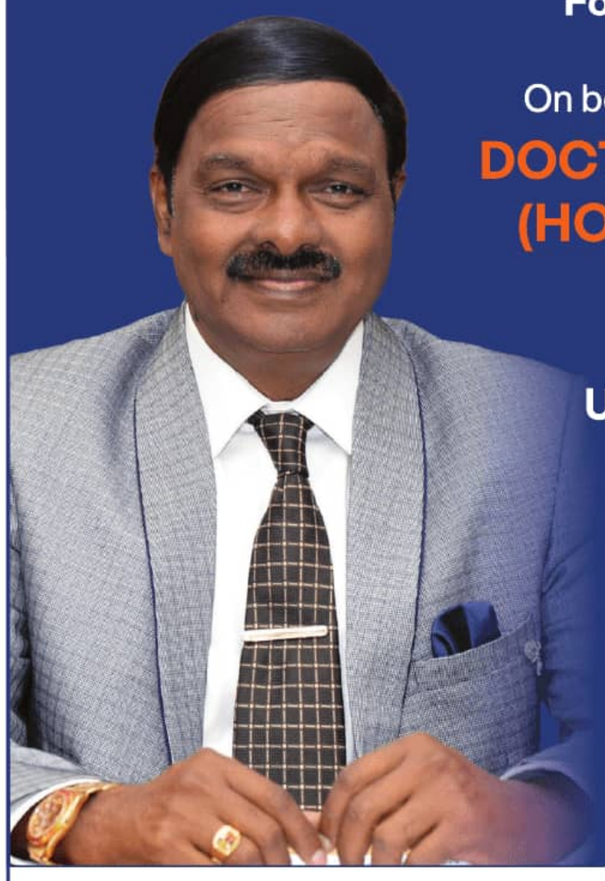

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SCAN QR TO APPLY

Fluoride levels breach danger mark in Bengaluru lakes

KSPCB testing found fluoride concentrations exceeding permissible limits in several Bengaluru lakes, raising concerns over water pollution, sewage inflows and health

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Kannur Lake recorded highest fluoride concentration among affected Bengaluru water bodies

Monthly water quality analysis by the Karnataka State Pollution Control Board (KSPCB) has found dangerously high fluoride contamination in several Bengaluru lakes, exceeding acceptable limits. Elevated fluoride levels were recorded in Kundalahalli Lake in east Bengaluru (2.5 mg/l), Kannur Lake near Hennur Road (2.93 mg/l), and Doddagubbi Lake on the city's north-eastern outskirts (2.63 mg/l).

Under Bureau of Indian Standards (BIS) norms, fluoride levels in drinking water should ideally remain below 1.0 mg/l, with 1.5 mg/l being the maximum permissible limit where no alternative source exists. For inland surface water bodies, concentrations above 1.5 mg/l exceed permissible thresholds. Experts note that elevated fluoride levels in surface water are primarily linked to human activities.

Dr TV Ramachandra of the Centre for Ecological Sciences at IISc said the findings are particularly concerning because Doddagubbi Lake is considered one of Bengaluru's cleaner and less urbanised water bodies. Elevated fluoride levels in such a lake indicate a broader contamination problem that may be affecting even relatively pristine ecosystems.

"The presence of high fluoride concentrations in a relatively rural lake such as Doddagubbi is a worrying trend. It indicates the sustained inflow of untreated sewage into the lake. Fluoride is commonly found in products such as toothpaste, and its increasing concentration suggests that the mineral has been accumulating in the lake ecosystem over time through untreated sewage," said Dr Ramachandra.

> **"Fluoride is commonly found in products such as toothpaste, and its increasing concentration suggests that the mineral has been accumulating in the lake ecosystem over time through untreated sewage**
>
> –Dr TV Ramachandra, Centre for Ecological Sciences, IISc

Noting that fluoride contamination in lakes can also be attributed to industrial discharges and agricultural runoff, experts stress that the priority must be preventing untreated sewage and industrial effluents from entering lakes and other water bodies.

"The only long-term solution is to stop untreated sewage and industrial waste from entering our water bodies. The Karnataka State Pollution Control Board (KSPCB) must identify the sources of pollution and take corrective action. Merely testing water quality is not enough. The board has the authority to act under the Water Act and enforce the Polluter Pays Principle against violators," an expert said.

Dr Ramachandra also argues that KSPCB's current water quality monitoring system is neither frequent nor extensive enough to effectively track pollution trends. Given the board's staff shortage, he suggests involving local schools, colleges and educational institutions in sample collection and monitoring efforts.

"Such collaborations would not only improve the scale and frequency of water quality monitoring but also help raise awareness about water pollution among students," the expert added. Notably, high levels of this mineral in multiple lakes have been recorded by KSPCB for the first time this year. Healthcare experts say prolonged consumption of water containing excessive fluoride can lead to dental fluorosis and skeletal fluorosis, both irreversible health conditions.

Shivakumar defends Bidadi project amid criticism

Karnataka Chief Minister DK Shivakumar on Monday dismissed allegations of a "land mafia" involvement in the Bidadi township project, terming the criticism politically motivated and misplaced.

Addressing the media, the Chief Minister emphasised that the project is aimed at urban development rather than private gain, drawing parallels with large-scale infrastructure initiatives in neighbouring states.

"I don't want to give an answer to anyone. Now, Maharashtra is acquiring 80,000 acres to develop a new township. Telangana is developing a new township on 40,000 acres," Shivakumar stated.

The Chief Minister clarified that the project was not his personal initiative but a continuation of long-standing development plans.

"Who developed the Bidadi Township? Who developed the Bidadi Industrial Township? Who developed the Harohalli Industrial Township? Did the farmers disappear because of those projects?" He asked.

Reiterating that the government has secured the cooperation of landowners, Shivakumar said, "Now, the farmers have agreed. If anyone wants to play politics over the issue, they are free to do so." Earlier in May, Shivakumar accepted a challenge from Union Minister and JD(S) leader HD Kumaraswamy for a public debate on the project.

Following a meeting with local farmers, Shivakumar announced that compensation payments would begin in the first week of June. He claimed that around 80 per cent of farmers have consented to the project. **–ANI**

Lokayukta pushes B'luru waste fleet overhaul

Following strong directions from the Lokayukta regarding poor solid waste management, civic agencies have moved to reduce dependence on private contractors for waste collection and transportation. The authority has proposed that Bengaluru Solid Waste Management Ltd (BSWML) and civic bodies increasingly handle the work using their own fleet of vehicles. As part of the first phase, BSWML has initiated the purchase of 46 electric vehicles, with administrative approval of nearly ₹4.97 crore.

Officials say Bengaluru, with over 1.2 crore residents and more than 30 lakh households, requires around 4,000 waste collection vehicles. However, more than half of the 4,900 auto-tippers currently in use are over 15 years old. The ageing fleet is unable to meet Solid Waste Management Rules, 2026, which mandate separate collection of wet, dry, sanitary and special waste. Many vehicles also lack GPS tracking. Following inspections in several wards, the Lokayukta expressed dissatisfaction with waste management standards and directed authorities to ensure at least 50% of operations are carried out using their own vehicles. A compliance report is due by July 28. **–BMB**

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Footpath neglect
Seshadripuram

Damaged footpath opposite a hotel on First Main Road in Seshadripuram remains unrepaired months after being damaged during the first spell of monsoon rains and a fallen tree incident.

Pothole peril
Brunton Road

Motorists and commuters continue to endure a bumpy ride as Brunton Road Cross remains riddled with potholes and craters.

Health hazard
Ashok Nagar

An abandoned police towing vehicle near the Old Ashok Nagar Police Station has turned into a dumping spot for garbage and stagnant rainwater, triggering foul odour and dengue concerns among residents.

B'luru households battle cost-of-living crisis

Retailers say strong export demand and limited fresh arrivals have pushed up rice costs across multiple popular varieties

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Households face a fresh cost-of-living squeeze as rising food prices, expensive cooking fuel and global geopolitical uncertainties add pressure on monthly budgets. While tensions involving the US, Israel and Iran have raised concerns over future fuel costs, consumers are already struggling with sharp increases in the prices of essential commodities, particularly rice.

Rice prices have witnessed one of the steepest increases in recent months, with staple varieties such as Sona Masoori, Sona Steam, Kolam and raw rice becoming costlier by ₹6 to ₹10 per kg. For consumers, this translates into an increase of nearly ₹150 to ₹250 for a standard household bag.

Traders attribute the spike to strong export demand, lower summer arrivals and rising transportation costs. Unlike previous years, rice exports continued beyond the traditional January-February period and extended into April, resulting in large quantities of Karnataka-grown rice being shipped overseas. Countries such as Malaysia and Sri Lanka emerged as key buyers, tightening domestic supplies.

Fresh stocks from the latest harvest have yet to fully enter the retail market, forcing traders to depend on existing inventories. The impact extends beyond Sona Masoori. Basmati rice has become costlier by ₹5 to ₹6 per kg, while prices of dosa rice, idli rice and boiled rice have also increased.

"Wholesale rice prices generally rise by only ₹1 to ₹2 per kg between April and June. This year, the increase has been ₹8 to ₹10 per kg, which is unprecedented in recent years. A substantial portion of Karnataka's Sona Steam production has been exported, putting pressure on local supplies," said Ramesh Chandra Lahoti, President of the APMC Food Grains Wholesale Traders Association.

Traders say rising fuel prices and higher freight charges have further inflated commodity prices. They warn that the situation could worsen if crude oil prices continue to rise amid instability in West Asia, increasing transportation and logistics costs across sectors.

The burden of rising cooking fuel costs is falling disproportionately on low-income households. While a standard 14.2-kg domestic LPG cylinder costs around ₹942, translating to roughly ₹66.3 per kg, a 5-kg LPG cylinder is priced at ₹836, working out to nearly ₹167 per kg. This means users of the smaller cylinder pay more than 2.5 times per kg compared with regular domestic LPG consumers.

The 5-kg cylinders are widely used by migrant workers, daily wage earners and people without permanent residential proof because they require minimal documentation and no security deposit. However, despite being intended as an affordable entry point to clean cooking fuel, their prices have risen sharply over the years.

Government school headmasters are also feeling the impact of inflation. While the government provides ₹5.20 per egg under the nutrition programme, wholesale egg prices have risen to around ₹6.65. The difference often gets absorbed at the school level, increasing both financial and administrative pressure on teachers responsible for procurement, supplier coordination and record-keeping. Educators have sought revised allocations or a centralised procurement mechanism to ease the burden.

Retail traders also note that consumers have started reducing bulk purchases and opting for smaller quantities of essential commodities.

Economists warn that the combined effect of food inflation, transport costs and energy market volatility could keep household expenses elevated in the coming months, offering little immediate relief to families.

PRICE CHECK

- **SONA STEAM RICE:** ₹44/kg to ₹53/kg
- **SONA RAW RICE:** ₹48-58/kg to ₹58-62/kg
- **BASMATI RICE:** Up by ₹5-6/kg
- **DOSA, IDLI AND BOILED RICE:** Up by ₹1-3/kg
- **RICE BAGS:** Costlier by ₹150-250, depending on the variety

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ದಾವಣಗೆರೆಯ ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಅತ್ಯಾಧುನಿಕ ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ

ಮಧ್ಯ ಕರ್ನಾಟಕದ ಆರೋಗ್ಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಐತಿಹಾಸಿಕ ಮೈಲುಗಲ್ಲು

ದಾವಣಗೆರೆಯ ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಅತ್ಯಾಧುನಿಕ ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ (Robotic Knee Replacement Surgery) ಸೇವೆಯನ್ನು ಪ್ರಾರಂಭಿಸಲಾಗಿದೆ. ಇದರ ಮೂಲಕ ವಿಶ್ವಮಟ್ಟದ ಆರ್ಥೋಪೆಡಿಕ್ ತಂತ್ರಜ್ಞಾನ ಹಾಗೂ ನಿಖರವಾದ ಸಂಧಿ ಬದಲಾವಣೆ ಚಿಕಿತ್ಸೆಯನ್ನು ಮಧ್ಯ ಕರ್ನಾಟಕದ ಜನತೆಗೆ ಒದಗಿಸಲಾಗುತ್ತಿದೆ. ಈ ಅತ್ಯಾಧುನಿಕ ರೋಬೋಟಿಕ್ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಸೇವೆಯನ್ನು ಹಿರಿಯ ಅಸ್ಥಿ ಮತ್ತು ಸಂಧಿ ಬದಲಾವಣೆ ತಜ್ಞರಾದ ಡಾ. ರಮೇಶ್ ಪೂಜಾರ್ ಅವರ ನೇತೃತ್ವದಲ್ಲಿ ಆರಂಭಿಸಲಾಗಿದೆ.

ಸಾವಿರಾರು ಯಶಸ್ವಿ ಅಸ್ಥಿ, ಸಂಧಿ ಮತ್ತು ಬೆನ್ನುಹುರಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗಳನ್ನು ನೆರವೇರಿಸಿರುವ ಡಾ. ರಮೇಶ್ ಪೂಜಾರ್ ಅವರು ತಮ್ಮ ಪರಿಣತಿ ಮತ್ತು ಅತ್ಯಂತ ಯಶಸ್ವಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ಸೇವೆಗಳಿಗೆ ಪ್ರಸಿದ್ಧರಾಗಿದ್ದಾರೆ. ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯನ್ನು ಅಸ್ಥಿ ಚಿಕಿತ್ಸೆ ವಿಭಾಗದಲ್ಲೇ ಅತ್ಯಾಧುನಿಕ ತಂತ್ರಜ್ಞಾನವೆಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ.

ಈ ವಿಧಾನದಿಂದ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಹೆಚ್ಚಿನ ನಿಖರತೆ, ಸರಿಯಾದ ಇಂಪ್ಲಾಂಟ್ ಅಳವಡಿಕೆ, ಕಡಿಮೆ ನೋವು, ಕಡಿಮೆ ರಕ್ತಸ್ರಾವ, ಸ್ನಾಯುಗಳಿಗೆ ಕಡಿಮೆ ಹಾನಿ ಹಾಗೂ ವೇಗವಾದ ಚೇತರಿಕೆ ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಮೊಣಕಾಲಿನ ತೀವ್ರ ಸಂಧಿವಾತ ಮತ್ತು ಸಂಧಿ ಸಮಸ್ಯೆಯಿಂದ ಬಳಲುತ್ತಿರುವ ರೋಗಿಗಳಿಗೆ ಇದು ಅತ್ಯುತ್ತಮ ಚಿಕಿತ್ಸೆಯಾಗಿದೆ. ಈ ಕುರಿತು ಮಾತನಾಡಿದ ಡಾ. ರಮೇಶ್ ಪೂಜಾರ್ ಅವರು, ದಾವಣಗೆರೆ ಹಾಗೂ ಸುತ್ತಮುತ್ತಲಿನ ಜನರು ಮಹಾನಗರಗಳಿಗೆ ತೆರಳದಂತೆ ಸ್ಥಳೀಯವಾಗಿಯೇ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಮೊಣಕಾಲು ಚಿಕಿತ್ಸೆಯನ್ನು ಪಡೆಯಲಿ ಎಂಬ ಸದುದ್ದೇಶದೊಂದಿಗೆ ಈ ರೋಬೋಟಿಕ್ ತಂತ್ರಜ್ಞಾನವನ್ನು ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಪರಿಚಯಿಸಲಾಗಿದೆ ಎಂದು ಹೇಳಿದರು.

ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಡಾ|| ರಮೇಶ್ ಪೂಜಾರ್‌ರವರು ಈ ತಿಂಗಳಲ್ಲಿ 40 ಕ್ಕೂ ಹೆಚ್ಚು ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು ಮತ್ತು ಹಿಪ್ ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಗಳನ್ನು ಯಶಸ್ವಿಯಾಗಿ ನೆರವೇರಿಸಿ ವಿಶ್ವ ದರ್ಜೆ ಮಟ್ಟದ ಫಲಿತಾಂಶಗಳನ್ನು ನೀಡುತ್ತಿದ್ದಾರೆ.

ಶಾಮನೂರು ರಸ್ತೆಯಲ್ಲಿರುವ ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆ ಈಗಾಗಲೇ ದಾವಣಗೆರೆಯ ಪ್ರಮುಖ ಮಲ್ಟಿಸ್ಪೆಷಾಲಿಟಿ ಮತ್ತು ಆರ್ಥೋಪೆಡಿಕ್ ಆಸ್ಪತ್ರೆಯಾಗಿ ಗುರುತಿಸಿಕೊಂಡಿದ್ದು, ಟ್ರಾಮಾ ಕೇರ್, ಬೆನ್ನುಹುರಿ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ, ಸಂಧಿ ಬದಲಾವಣೆ, ಐಸಿಯು, ಫಿಸಿಯೋಥೆರಪಿ ಹಾಗೂ ತುರ್ತು ಚಿಕಿತ್ಸಾ ಸೇವೆಗಳನ್ನು ಅತ್ಯಾಧುನಿಕ ಸೌಲಭ್ಯಗಳೊಂದಿಗೆ ನೀಡುತ್ತಿದೆ. ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯ ಆರಂಭವು ದಾವಣಗೆರೆ ಜಿಲ್ಲೆಯ ಆರೋಗ್ಯ ಸೇವಾ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಹತ್ವದ ಹೆಜ್ಜೆಯಾಗಿದ್ದು, ಸಮುದಾಯಕ್ಕೆ ಅತ್ಯಾಧುನಿಕ ಮತ್ತು ವಿಶ್ವಾಸಾರ್ಹ ಆರೋಗ್ಯ ಸೇವೆಗಳನ್ನು ನೀಡುವ ಶ್ರೀ ದುರ್ಗಾ ಆಸ್ಪತ್ರೆಯು ಮತ್ತೊಮ್ಮೆ ತನ್ನ ಬದ್ಧತೆಯನ್ನು ಸಾಬೀತುಪಡಿಸಿದೆ.

ಡಾ|| ರಮೇಶ್ ಪೂಜಾರ್

ಶ್ರೀ ದುರ್ಗಾ ಹಾಸ್ಪಿಟಲ್
SRI DURGA HOSPITAL
ರೋಬೋಟಿಕ್ ಮಂಡಿ ಚಿಪ್ಪು
ಬದಲಾವಣೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ
ಈಗ ನಮ್ಮ ದಾವಣಗೆರೆಯಲ್ಲಿ
ಡಾ|| ರಮೇಶ್ ಪೂಜಾರ್
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Citizens enlisted to build safer wards, tackle stray dog menace

BWCC launches volunteer-driven programme to vaccinate, sterilise and manage street dogs, aiming for zero dog-bite cases across model wards

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TWEETS @BangaloreMIRROR

Animal welfare groups highlight feeder harassment issues within BWCC limits, urging GBA to ensure fair feeding spots and stronger on-ground awareness

Bengaluru West City Corporation (BWCC) is in the process of building an army of citizens to help the civic agency create model wards with zero dog-bite cases.

The Animal Husbandry Department of BWCC is developing a network of responsible citizens to implement scientific management of the stray dog population. Volunteers, once selected, will assist the corporation in vaccinating community dogs against rabies, sterilizing them through the ABC programme, ensuring medical care for strays when needed, and raising awareness among residents about street dog behaviour.

"The idea is to prevent dog bites and promote peaceful coexistence between people and animals. Through this initiative, we are approaching responsible citizens, street dog caregivers, and those who are concerned about the safety and well-being of not just their family but also community dogs. We want to create safer communities through scientific management of our street dogs," said a GBA official.

Animal welfare workers, however, underline a pitfall of such initiatives — a lack of awareness among citizens about rules. According to Nandita Subbarao, an animal welfare activist, the civic agency risks ABC rules being flouted when involving common citizens. "More often than not, people who volunteer for such initiatives have no clarity on aspects such as how to identify a neutered dog, where to report a biting dog, or if one is not neutered. Such people just end up relocating the dog, inconveniencing somebody else. Moreover, the initiative has been posted on BECC's social media handles and does not have significant reach. GBA needs on-ground messaging and posters. The civic agency can make this announcement along with garbage collection vehicles, post it at healthcare centres, water filling stations, petrol pumps, bus stops, etc., for wider reach," she said. Grassroots workers also highlight feeder harassment as a reality. "We are glad that the GBA Chief Commissioner took our suggestions and feedback about the irrationality of assigning only two spots per ward positively and ordered assignment of feeding spots based on feeder requests in each zone. We have submitted our list from our feeder group for action, too. In many places in the West zone, drains are being closed, and feeders are being stopped from feeding, quoting the SC order. It will be interesting to see how GBA will change this on-ground reality even in case of designated feeding spots," said Sadhana Hegde, founder of Sahavarthin Animal Welfare Trust.

Civic authority expands feeding spots, warns against cruelty, urges cooperation among citizens, activists and RWAs for safer communities

The Greater Bengaluru Authority (GBA) has clarified that feeding stray dogs is not prohibited in the city, but must be done only at designated feeding locations identified by civic authorities. Additional feeding spots designated; cruelty to stray dogs stricly prohibited.

IN BRIEF

ESCOM workers resist private power push

The proposal to allow private players into the power distribution sector has triggered concerns among electricity utility employees, who fear large-scale job losses and reduced employment opportunities.

Employee unions have opposed the move following reports that Tata Power Company Limited has applied to the Karnataka Electricity Regulatory Commission (KERC) for a power distribution licence covering 19 districts served by state-run ESCOMs. Unions argue that privatisation could jeopardise the future of more than 53,000 employees and result in the scrapping of over 34,000 vacant sanctioned posts across KPTCL and the state's five power supply companies. Unions fear job losses, welfare scheme impact and staff uncertainty, urging KERC to reject power distribution privatisation. —BMB

Police transfers set for merit shift

In a move that could significantly curb political influence in police postings, the Home Department is seriously considering introducing a counselling-based transfer system for police personnel, similar to those in the Education and Health Departments. Home Minister Priyank Kharge is learnt to have discussed reforms to the transfer process with senior police officers and sought suggestions on overcoming technical and administrative hurdles. The proposal aims to make transfers merit- and eligibility-based rather than dependent on political recommendations, particularly for inspectors, ACPs and DySPs, where political intervention has long remained contentious.

Govt eyes statewide counselling transfers, consults ruling MLAs amid anticipated political resistance —BMB

BM Trippin' Tales

Mysuru tongas get hi-tech makeover to boost heritage tourism

Upgraded tonga stations near Nazarbad and Kukkarahalli Lake will offer seating, drinking water and streamlined ticketing services

The iconic tonga rides, long associated with the cultural identity of Mysuru, are set to receive a modern upgrade as part of efforts to strengthen tourism in the heritage city. The Department of Tourism has taken steps to organise and modernise the traditional horse-drawn carriage service under the Swadesh Darshan scheme of the Central government, bringing a hi-tech touch to the tonga tourism experience.

The department has started upgrading two major tonga stations near Nazarbad and Kukkarahalli Lake with modern facilities at a cost of ₹2.36 crore. Karnataka Tourism Infrastructure Limited (KTIL) is carrying out the project under the Swadesh Darshan scheme after authorities completed the tendering process and commenced construction.

Mysuru, popularly known as Karnataka's cultural capital, offers visitors several modes of transport, including bikes, buses, autos and cars. However, travelling in a traditional tonga remains a distinctive experience, particularly during the Dasara festival when the city glows with decorative lights. Many tourists consider a tonga ride through Mysuru's historic streets a nostalgic journey into the city's royal past.

Despite its popularity, the service has often lacked proper organisation, causing inconvenience to visitors. Tourists have frequently complained about the absence of a structured ticketing system, inconsistent fares and inadequate maintenance of horses. Visitors often negotiate fares directly with operators, leading to complaints about overcharging. Poor sanitation and the lack of basic facilities at tonga stands have also remained concerns.

Revived tonga rides promise comfortable heritage journeys with better facilities, organised services and improve horse care

To address these issues, the Tourism Department has decided to streamline operations by creating a structured tonga tourism circuit and improving infrastructure at key locations. Officials believe the initiative will help enhance visitor satisfaction and strengthen Mysuru's tourism appeal.

Officials said the redesigned stations will feature better spaces for horses, restored compound walls, fresh paint and improved storage facilities. The project will also provide arrangements to safely tie and feed horses. In addition, the stations will include ticket counters, coffee bars, ATM machines, seating areas and drinking water facilities for tourists.

Officials said the initiative aims to make tonga rides more organised and visitor-friendly. "The project is being implemented under the Swadesh Darshan scheme to promote tourism in Mysuru. Once the facilities are completed, tourists from across India and abroad will be able to enjoy a smooth and comfortable tonga ride," said B M Prabhuswamy, Assistant Director of the Tourism Department.

—Sridhar Vivan

Teacher dies in scooter mishap

Radha, a teacher at Delhi Public School and a resident of Arekere, died after falling from a Rapido scooter near Nandini Junction on 24th Main Road in JP Nagar on Sunday evening.

According to police, Radha had booked a Rapido ride from Nagarbhavi to Arekere. At around 4.30 pm, she reportedly lost balance and fell from the moving scooter, sustaining severe head injuries. She was wearing a half-helmet at the time.

Passers-by alerted the police control room and rushed her to a nearby hospital by ambulance. However, doctors declared her brought dead.

The scooter rider sustained minor injuries and left the spot after the victim was shifted to hospital. JP Nagar Traffic Police inspected the scene and registered a case. CCTV footage helped police identify the rider, a young woman, who has been served a notice and will be questioned as part of the investigation. —BMB

CRIME FILES

BBMP lorry crushes scooter rider

A 34-year-old scooter rider was killed and his pillion rider injured after a BBMP garbage lorry allegedly rammed into their two-wheeler near Sirsi Circle in Chickpet on Monday morning.

The deceased, Satish, was a resident of Goripalya. The injured pillion rider, Praveen, is undergoing treatment and is said to be out of danger.

Police said Satish and Praveen were travelling to work near the BBMP office at around 9.40 am when the lorry allegedly struck their scooter. The impact threw both men onto the road. Satish reportedly came under the rear wheels of the lorry and died on the spot, while Praveen sustained injuries.

Locals alerted emergency services, following which Chickpet Traffic Police inspected the scene and registered a case. The lorry driver has been detained for questioning and further investigations are underway. —BMB

Ganja smugglers stopped

Bengaluru Customs officials seized more than 52 kg of hydroponic ganja worth nearly ₹18 crore in four cases at Kempegowda International Airport between June 11 and June 14, arresting eight passengers under the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

Five passengers arriving from Bangkok were intercepted on June 11 and found carrying 24.8 kg of hydroponic ganja valued at ₹8.68 crore. In a separate case on June 13, officials seized 13.54 kg of hydroponic ganja worth ₹4.74 crore from another passenger.

On June 14, a passenger arriving from Kuala Lumpur was caught carrying 5.89 kg of hydroponic ganja valued at ₹2.06 crore, along with 9,400 cigarettes worth ₹1.8 lakh.

Later the same day, Customs officers seized another 7.92 kg of hydroponic ganja worth ₹2.77 crore from a passenger arriving from Bangkok. —BMB

Bloodshed over betting addiction

A 32-year-old Home Guard was allegedly stabbed to death by her husband in front of their two children near Pushpanjali Theatre in Mahadevapura on Sunday night.

The victim, Manjula, was attached to Mahadevapura Police Station. Police said her husband, Pradeep, attacked her with a knife at around 9 pm after arriving at her parental home, where she had been staying due to marital disputes.

Investigators said Pradeep was addicted to online betting and had incurred heavy financial losses. Before the attack, he allegedly recorded a video stating that his addiction had destroyed the family and that both he and his wife would die.

Police said he initially sought forgiveness and asked Manjula to return home before suddenly attacking her with a concealed knife. The assault took place in front of the couple's children. F amily members alleged that harassment, suspicion over her character and doubts about the children's paternity had forced her to leave the matrimonial home.

After the attack, Pradeep allegedly attempted suicide by slashing his hand and fled. Following a manhunt, Mahadevapura Police traced and arrested him. The body has been sent for post-mortem examination, and a case has been registered. —BMB

1,940 drunk drivers in 1 week

Bengaluru Traffic Police registered 2,406 cases for drunk driving and speeding during a special enforcement drive conducted across the city between June 8 and 14.

The week-long operation covered all 53 traffic police stations and aimed to curb dangerous driving behaviour. Of the total cases, 1,940 were related to drunken driving and 466 to overspeeding.

Police checked thousands of vehicles during the drive, recording 649, 699 and 592 drunken-driving cases on key enforcement days. In the overspeeding category, 143, 91 and 232 violations were booked.

The drive generated fines totalling ₹4.68 lakh. Traffic police said similar enforcement campaigns would continue to reduce accidents and ensure stricter compliance with road safety rules. —BMB

Boy's death raises murder claims

The suspicious death of a 12-year-old migrant boy in Bagalur has sparked a complaint before the Karnataka State Commission for Protection of Child Rights (KSCPCR), with the family alleging murder, police negligence and intimidation by the accused.

The deceased, Ariful Islam, was the son of Noor Bakhtiyar Miyah, a migrant worker from Assam who had recently moved to Bengaluru with his family. In a petition submitted to the Commission, the family claimed that Ariful died under suspicious circumstances on June 4 at their settlement in Bellahalli.

According to the complaint, residents living behind the settlement allegedly forced Ariful to fetch water from a tank. When he refused, one of the accused allegedly pushed him into the tank and switched on a water pump. The family further alleged that the tank was then closed, resulting in his death. His nine-year-old brother, Shariful Islam, is said to have witnessed the incident.

The family said they found Ariful floating in the tank and rushed him to a nearby clinic and later to government hospitals, where he was declared dead.

They also accused Bagalur police of misconduct, alleging that officers used abusive language, referred to them as Bangladeshis and illegal immigrants, and pressured them to complete the burial quickly. The petition further alleges that a relative was assaulted for filming evidence and that his phone was seized.

An FIR has been registered in Crime No. 170/2026 under Sections 106 and 3(5) of the Bharatiya Nyaya Sanhita and Section 14 of the Child Labour Act. However, the family has disputed the child labour angle, calling it misleading.

The accused have been identified as Syed Imran Ali, Ghousiya Parveen and Saniya Ali. The family alleged that although the suspects were detained, they were released without formal arrest.

The petition further states that after the child's burial on June 5, associates of the accused allegedly visited the family's residence, offered money, and attempted to obtain thumb impressions on documents as part of a settlement effort.

Fearing continued threats and intimidation, the family has since relocated to Electronic City. They have sought protection for the minor eyewitness, an independent investigation, copies of all case-related documents, and intervention by the Commission. KSCPCR is yet to respond to the complaint. —BMB

Brazil Vs Argentina final in a World Cup of many firsts?

This world cup has many firsts to its credit. It will be the first time 48 nations will figure in the finals. It will be the first time three nations will be the co-hosts. It will be the first time there will be 104 matches, instead of 64, which will be staged in 16 cities in Mexico, Canada and the USA. It will also be the first time it will run through 39 days rather than 30 days. There could well be another first - the first-ever Brazil vs Argentina battle royal in a World Cup final. It is rather strange that the South American nations have never met in a final.

The most significant aspect is that the prize money has been raised substantially with FIFA set to distribute a total of $727 million among the 48 participating countries. The winner will walk away with $50 million and the runner-up $33 million. Even the team finishing last will be richer by $19 million.

From World No 1 Argentina to World No 85 New Zealand, the lowest ranked qualifier, every nation in the 48-nation draw will hope to shoot above their weight and walk away with bigger bonuses apart from the honour and immense glory for their nations that the World Cup symbolises.

The 48 teams have been divided into 12 groups of four teams each for the preliminary league phase. The 12 teams finishing first and the 12 taking the runner-up spot in the groups along with eight best third place finishers will enter a tricky knock-out Round of 32, introduced for the first time.

But a clear picture of the eight qualifiers will emerge only after the completion of the group games. Consequently, without the Round of 32 pairings being identifiable, possible entrants to the last 16, the quarter-finals and to the semi-finals will be almost impossible to predict. Yet, the team strengths and experience could provide some yardstick to the last four stages, barring shocks of course.

All eyes will be on two of the World's best known names - Lionel Messi and Cristiano Ronaldo. That's what the world awaits. Add Kylian Mbappe's France and Neymar's Brazil or Belgium's Doku to the mix and the World Cup gets illuminated like never before. There are plenty of exciting players in every National team. Managers might find it difficult to finalise their playing elevens every time. Such is the depth of talent.

Germany, Netherlands, Spain and Belgium could be heading for clashes in the earlier stages. Among the other teams, England, Norway and Senegal could throw the spanner in the works of some opponents.

If all goes well, Germany vs Brazil and France vs Argentina could well be the semi-final line-up. The exceptional Brazil could have the better of Belgium. There is very little to choose between France and Argentina. But a compact defence which Argentina possesses, surely tilts the balance in their favour.

Consequently, the first ever final between Brazil and Argentina could well be the 'Battle of New York' for the conquest of the 23rd World Cup. The two South American giants have never clashed for the title so far. Way back in 1930, Uruguay and Argentina played in the final. In 1950, Uruguay and Brazil were involved in that epic final at the Maracana Stadium in Rio de Janeiro.

Should Brazil and Argentina cross swords, Neymar and Messi, teammates in Barcelona, will be on the opposite sides as the world will await the eventual verdict with unbridled enthusiasm and impatient anticipation.

Remember the 2002 World Cup. European teams were unable to cope with the high temperatures and crashed out. Portugal, Spain, Italy were sent packing by South Korea and Germany lost the final to Brazil.

Brazil has endured a 24-year wait once. After winning three of the four World Cups between 1958 and 1970, Brazil won their fourth title in 1994 in the USA. After a wait of eight years they won their fifth in 2002. Now it is another 24 years and Brazil is back in the USA. Could the North American nation prove to be lucky and historic for the Brazilians? Well, considering various factors, it could well be.

PREDICTIONS - TAKE IT OR LEAVE IT

Quarter-finals

97- W89 VS W90 – Germany vs Brazil – Brazil

98 - W93 VS W94 – Spain vs Belgium – Belgium

99 - W91 VS W92 – France vs England – France

100- W95 VS W96 – Portugal vs Argentina – Argentina

Semi-finals

101 - W97 VS W98 – Brazil vs Belgium – Brazil

102 - W99 VS W100 – France vs Argentina – Argentina

Third place play-off

103 - L101 VS L102 – Belgium vs France – France

FINAL

104 - W101 VS W102 – Brazil vs Argentina – Brazil

WINNERS – Brazil

—SS Shreekumar

SC mulls hearing all pleas against Transgender Amendment Act to avoid conflicting views

The Supreme Court on Monday issued notice on a plea filed by the Centre seeking transfer of petitions pending before various High Courts challenging the constitutional validity of the Transgender Persons (Protection of Rights) Amendment Act, 2026.

A bench of Chief Justice of India (CJI) Surya Kant and Justice V. Mohana sought responses from the petitioners who have challenged the amended law before different High Courts, including the Delhi, Rajasthan, Karnataka, and Kerala High Courts.

During the hearing, Solicitor General Tushar Mehta, appearing for the Union government, submitted that the constitutional validity of a Central legislation is under challenge before multiple High Courts, even as related proceedings are already pending before the apex court.

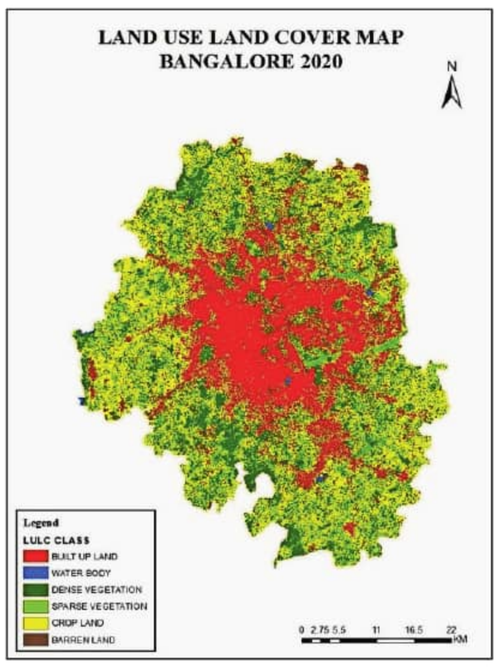
At this, the CJI-headed Bench observed that the top court would either hear all the matters itself or entrust them to a single High Court for adjudication to avoid conflicting views on the same issue.

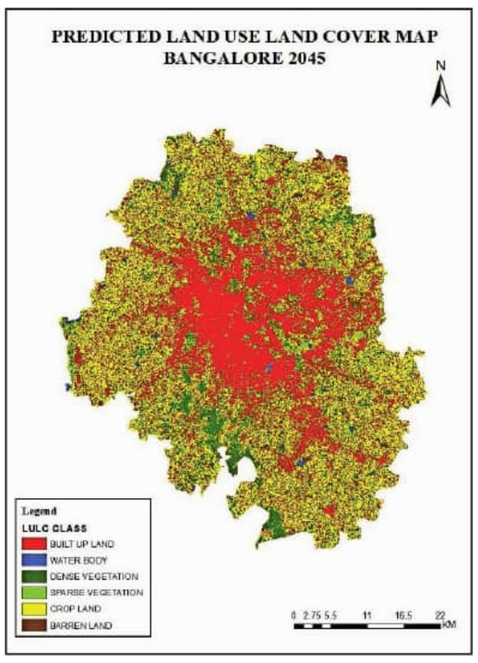
SG Mehta, the Centre's second-highest law officer, further referred to the landmark NALSA judgment and submitted that High Courts may find it difficult to take a view contrary to the principles laid down by the Supreme Court, suggesting that the issue may ultimately require consideration by a larger Bench.

Opposing the Centre's plea, counsel appearing for one of the petitioners contended that the challenge to the amended law does not solely arise from the NALSA ruling and argued that the legislation is "not only unconstitutional but also has no medical basis".

After hearing the submissions, the apex court issued notice and stayed further proceedings in the matters pending before the Rajasthan, Karnataka, Kerala, and Delhi High Courts. The matter has been posted for further hearing on August 3. **IANS**

Urban heat conditions intensified between 2005 and 2025





CONTINUED FROM PAGE 1

say it may indicate limited restoration efforts or natural recovery. The overall extent of surface water will become critically low.

The satellite-imagery-based study also shows that there has been a clear intensification of urban heat conditions between 2005 and 2025.

Areas with temperatures below 30°C covered 401.95 sq. km, while the 30-35°C class dominated the city, occupying 1,407.30 sq. km.

Moderately high temperatures between 35-40°C were limited to 384.51 sq. km, and extreme heat conditions were almost negligible, with areas above 40°C together accounting for less than 2.5 sq. km.

Extreme urbanisation of Bengaluru, leading to a surge in the urban heat island effect, has been highlighted in yet another recent study conducted by researchers from the School of Planning and Architecture in Vijayawada. Researchers say urbanisation has had a considerable impact on the city's land temperature between 2001 and 2021, with the average temperature increasing by 0.34 degrees celsius every year during the high urban heat island events. In non-urbanised areas, the average land temperature went up by 0.14 degrees Celsius every year during the given time period.

"Increasing Land Surface Temperature will result from the decline of heat sinks such as water bodies and green cover, which will affect Bengaluru's microclimate," researchers have noted in the study, further adding that maintaining ecosystem services is important to support livelihoods.

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CHANGE OF NAME

WE, KADAPPA S NYAMAGOUDAR AND SHAILAJA I PURLI, RESIDING AT 2052 PRESTIGE SUNNYSIDE OAK, TOWER-2 5 T H F L O O R , B H O G A N A H A L L I , BENGALURU, KARNATAKA-560103, PARENTS OF OUR MINOR DAUGHTER, HEREBY DECLARE THAT THE NAME OF OUR DAUGHTER APPEARING AS " MINAL KADAPPA NYAMAGOUDAR " IN PASSPORT AND AS " MINAL NYAMAGOUDAR" IN AADHAAR AND OTHER RECORDS, PERTAINS TO ONE AND THE SAME PERSON. WE ARE CHANGING HER NAME IN THE PASSPORT RECORDS FROM " MINAL KADAPPA NYAMAGOUDAR " TO " MINAL NYAMAGOUDAR " FOR ALL FUTURE PURPOSES.

I, Sukrutha Prithvi Sunku (Old Name), D/o of P. Balaji Babu, residing at No.61/62, east park road, 15th cross, Malleshwaram, Bengaluru-560003, Karnataka, India, changed my name from Sukrutha Prithvi Sunku to Sukrutha Pedapalli Balaji vide affidavit dated 13.06.2026, sworn before Notary, B.R Shashikala. Henceforth, I shall be known as Sukrutha Pedapalli Balaji for all purposes.

LOHITA Kethineni R/o # 1239, 1st Cross,11th Main Rd, Aecs Layout, a Block, Singasandra, Bengaluru 560068,Have Changed My Name to Lohita Kethineni Thirumalaiah, Shall Be Called by This Name for All Purpose.

I, Ashok Babu D N, S/o Nagaraj Reddy B, R/at No.402, Vijay Nivas, Apartment, Near Passion Elite Apartment, Dodda thoguru, Bengaluru-560100, As per my Aadhaar my father name is Correctly Mentioned as NAGARAJ REDDY B. But in my 10th Certificate my Father Name is Wrongly Mentioned as NAGARAJA. Therefore, my Father names NAGARAJ REDDY B and NAGARAJA, both are belongs to my father only. I say that my father true and correct name is NAGARAJ REDDY B. vide affidavit dt: 04.05.2026, before notary V. Rangaraju, B.lore.

I, GAYATHRI residing at #35, 1st MAIN, 1st CROSS, BEHIND GANESHA TEMPLE, CHOLUR PALYA, BANGALORE NORTH, KARNATAKA-560023, state that my child DARSHAN GOWDA V passed ICSE (Class X) in 2024 (Unique ID: 8282878). My name is wrongly printed as P GAYATHRI in certificates. My correct legal name is GAYATHRI.

I, LIGI GOPALKRISHNA KURUP W/O Krishnaraj Janardhanan Chonat Aged About 45 Years R/At T-1, Nirmala Vihar, Chinnappa Layout, Kammanahalli Main Road, B'luru-560084 have changed my name to LIGI KURUP vide affidavit dtd:15/06/2026 sworn before notary Uday Kumar K, B'luru

WE, Vinay T & Niveditha, B N, residing K-510, Thimma reddy building, 4th Main, 2nd Cross, Near Adarsha Hotel, Electronic City, Bangalore- 560 100, have changed our minor son name from SAI RUSHAANK V to RUSHAANK REDDY V, vide affidavit dt: 14.06.2026, before notary V. Rangaraju, B.lore.

I, Zareen Taj J, wife of Mohammed Rahmathulla, residing at #277, 2 Main Road, JHBCS Layout, JP Nagar Post, Bangalore 560078], have changed my name from Zareen Taj to Zareen Taj J. I shall henceforth be known as Zareen Taj J for all future purposes.

I Namrata Mehta W/O, Sheetal Sharad Mehta R/o Ashiyana Villa Number 83, Rbd Stillwaters Apartments & Private Residences 1st Main, Silver County Road, Harlur, Bangalore 560102 have changed my name to Namrata Sheetal Mehta.

I S Vaibhavi Gowda R/a Flat #B202, Mantri Sarovar Apts., Opp: Agara Lake, HSR Layout, Sector-4, B'lore-560102, have changed my name to Vaibhavi Gowda for my all future purpose

ANITHA Kethineni R/O # 1239, 11th Cross, Aecs Layout, a Block, Singasandra, Bengaluru 560068, Have Changed My Name to Anitha Ramachandra, Shall Be Called by This Name for All Purpose.

I, Raju Srinivasa Madiraji Ramaswamy, residing at No. 526, 2nd Main, RMV 2nd Stage, Bengaluru- 560094, have changed my name to SRINIVAS RAJU, vide affidavit dated: 15/06/2026 before notary V Anjanappa, Bengaluru.

I, Bhavisha Poonamchand Mahatma W/o Vipin Jain C 40, mbr Sangrella Harsha Layout Near Kengeri, Metro Stn R V Eng College Campus, Bengaluru- 560059 have changed my name to Bhavisha Jain for all purposes

I, Sunita Bumb W/o Ashok Kumar Bumb R/o No 1/1/105, Ward No 1,Near Panduranga Temple, Pampanagara Gangavathi, Koppal- 583227. Have Changed My Name to Sunita Devi Bumb for All Purposes.

I Sajith Kumar Maddur Ashok R/a B202,Mantri Sarovar Apts HSR Layout,Sec-4,B'lore-560102 have changed my daughter name from S Vibhinya Gowda to Vibhinya Gowda for her all future purpose

I, Dhiresh Prabhulal Shah Haria S/o Prabhulal Velji Shah R/o No 25 1st Main Road 3rd Cross Annapoorneshwarinagar Bengaluru-560091 have changed my name to Dhiresh Prabhulal Shah for all purposes.

I, Sandya.K.R W/o Lohith.K.M R/o #17/1,Anvika Nilaya,2nd Main Rd,PNB Layout,Konanakunte, Doddakallasandra, B'luru 560062 have changed my name to Sandhya Kollibyle Rajegowda

I, Khalid S/o Khalander Shariff R/o No 41 H, Siddaiah Road, Bads Makan, Bengaluru - 560027 Have Changed My Name to Khalid Shariff for All Purposes

I, Vasantha Kumar S/o Ananda Showrappa Andhra R/o No 37/C Ward No 22 Old Market Street Cowl Bazar Bellary 583102 Have Changed My Name to Sunita Devi Bumb for All Purposes.

I, Manna Mohammed Sajeed, R/o No 1, A2, Rabiya Enclave, 2nd A Cross, Manorayana palya, Sultanpalya, Bangalore - 560032, changed my name to Mohammed Sajid Manna.

I, Bhagyashree Ekbote R/o: E-207 Keerthi Harmony, T C Palya Main Road, Ramamurthy Nagar, Bengaluru have changed my Name as Bhagyashree R Ekbote.

LOST & FOUND

LOST: I, C M Madhusudhan, residing at No. 1235, D Group layout, 24th Main, Bangalore-560091, have lost original BDA Manual Katha No. BDA/487/10-11, Site No.487, registered in Sir M.V Layout 8th block, on dt: 10.01.2011, lost while shifting the house, regarding this i have lodged online police complaint No. 2252699/2026, Dt: 13.06.2026, Finders pls contact 7353160655 or handover to the nearby police station.

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Way down we go

KAUSHIK JN

CONTINUED FROM PAGE 1

Residents of Meenakshi Layout and nearby apartment complexes have been facing a lot of problems due to potholes on the road that connects the main road. "The BECC authorities asphalted the road but potholes developed within a few months. I appeal to the engineers to fix this problem once and for all. It has become tough to commute on this road whenever it rains," a resident of the area said.

Appealing to the authorities concerned to asphalt the road between Medahalli Junction and Seegehalli Junction, Eshwarappa, a resident of Seegehalli, said the road was asphalted a few years ago but now it is full of potholes and craters. "It takes me more than 20 minutes to commute on a 1-km road that is full of craters and potholes. The BECC Chief Engineer or Commissioner must visit the road to understand the plight of motorists," he said.

Coming down heavily on the authorities for not filling up potholes on the road between Sakra Hospital and Bellandur and on the Service Road along Outer Ring Road, Ashok Mruthyunjaya of Aam Aadmi Party (AAP) said that commuting on these roads have become a tough task for motorists. "The authorities took measures to fill up potholes but potholes surfaced again due to sub-standard material used to fill it up," said Mruthyunjaya.

Filling potholes must be an immediate priority, said urban strategist Vinod Jacob. "Rainwater often hides these hazards, making them especially dangerous for two wheelers and risking fatal accidents. I urge daily inspections of our roads during daylight so potholes are identified and repaired promptly, preventing injuries and saving lives," he said.

BECC Chief Engineer (Mahadevapura) Lokesh told BM that measures were taken to fill up potholes. "We have already started filling up potholes and craters in Mahadevapura," the Chief Engineer said.

HEALTH TIP: Packed with electrolytes and low in calories, tender coconut water offers natural sweetness and hydration

Infused water delivers refreshing taste and hydration without the need for added sweeteners

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EL NIÑO TURNS UP OCEAN HEAT

Experts predict damaging temperature spikes across key regions

It's official: El Niño is back. By late autumn 2026, forecast models indicate a two-in-three chance of a strong-to-very-strong El Niño affecting weather patterns, climate and ocean temperatures across the globe.

El Niño is the dominant phase of the El Niño-Southern Oscillation (ENSO), a natural climate cycle that influences weather worldwide. During an El Niño event, a vast stretch of the Pacific Ocean west of Ecuador warms by around 1°C to 2°C for several months. While that may seem insignificant, it is enough to disrupt wind, rainfall and temperature patterns across the planet.

As El Niño strengthens through the year, scientists expect ocean temperatures to rise further, increasing the risk of marine heatwaves and placing additional stress on already vulnerable marine ecosystems.

How El Niño affects the oceans

El Niño is best known for its effects on land, bringing wetter conditions to some regions and drought to others. It can intensify storms in areas such as the southern United States while suppressing Atlantic hurricane activity.

Its impact beneath the waves can be equally dramatic. El Niño often triggers widespread marine heatwaves — prolonged periods of unusually warm ocean temperatures. With global sea temperatures already close to record highs, additional warming linked to El Niño could push many marine ecosystems beyond their limits.

Marine heatwaves can occur on a local scale, affecting bays and coastal waters for days or weeks. At their most extreme, they can cover vast areas of ocean and persist for months or even years.

One of the most notable examples was the Northeast Pacific Warm Blob of 2013–2014, when ocean temperatures across a region three times the size of Texas rose by around 2°C to 3°C above average.

Why marine heatwaves matter

Although warmer seas may seem harmless, many marine species are adapted to a narrow range of temperatures. Even small increases can have devastating consequences.

Warmer waters accelerate the metabolism of some fish, causing them to burn energy faster than they can replace it through feeding. In the Gulf of Alaska, Pacific cod populations declined by 70 per cent following a major marine heatwave.

Other impacts include coral bleaching, harmful algal blooms, the loss of seaweed forests and increased strandings of marine mammals. Collectively, marine heatwaves cause billions of dollars in economic losses each year through damage to fisheries, tourism and coastal ecosystems.

Marine heatwaves develop for several reasons. Shifts in ocean currents can move warm water into new areas. Weaker winds reduce evaporation, allowing surface waters to heat up. Reduced cloud cover can also increase the amount of sunlight reaching the ocean. When these factors occur together, temperatures can reach record levels.

El Niño's role

El Niño significantly increases the likelihood of marine heatwaves in some regions.

Along the west coast of the United States, winds that normally blow from the north tend to weaken during El Niño. This reduces evaporation and slows the upwelling of cold, nutrient-rich water from the deep ocean, allowing coastal waters to warm. With sea temperatures off California already unusually high, El Niño could make conditions even hotter and more persistent.

Scientists have long known that El Niño is linked to extreme warming along the coast of South America. Peruvian fishers have observed these events for centuries, although the connection to ENSO was not recognised scientifically until the 20th century.

In the Bay of Bengal, interactions between El Niño and the Walker Circulation — a major tropical atmospheric pattern — can also increase the risk of marine heatwaves.

Hidden heat on the seafloor

The effects of marine heatwaves are not limited to surface waters.

Research has shown that intense warming can also occur along the seafloor in coastal regions. These "bottom marine heatwaves" are sometimes stronger and longer-lasting than those at the surface.

A bottom marine heatwave off the US West Coast during 1997–1998 persisted for four to five months after surface waters had cooled. Such events can place severe stress on bottom-dwelling species and marine habitats.

The consequences can be substantial. Bering Sea snow crab landings fell by 84 per cent in 2018 following a marine heatwave that extended to the seafloor.

What lies ahead?

Seasonal forecasting models can now predict marine heatwaves several months in advance, and forecasts tend to be particularly reliable during El Niño years.

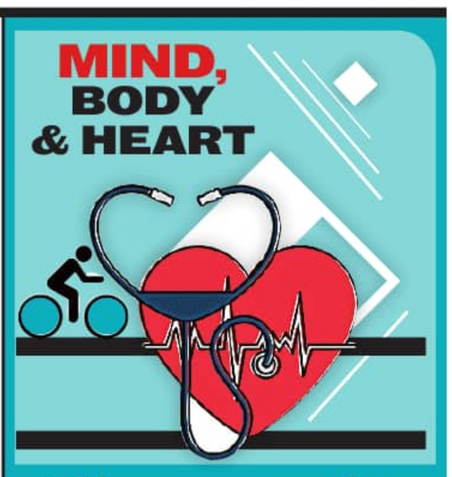
Current projections suggest that multiple marine heatwaves could develop as El Niño strengthens, with damaging warmth potentially affecting nearly half of the global ocean by the end of 2026.

The California and Mexican coasts face some of the highest risks, while parts of the Indian Ocean and Southern Ocean are also expected to experience significant warming.

Although forecasts may change as conditions evolve, scientists warn that the combination of El Niño and already elevated ocean temperatures could create severe challenges for marine ecosystems and fisheries around the world.

For coastal communities, fishers and environmental managers, the message is clear: preparation should begin now.

(By Dillon Amaya, National Oceanic and Atmospheric Administration, The Conversation)



All you need to know about...

Iron intake

Iron is an essential mineral that helps transport oxygen throughout the body and supports energy production. An iron deficiency can affect overall health, making it important to obtain adequate amounts from natural food sources. While spinach is a popular choice, there are several other iron-rich foods worth adding to your diet.

Lentils and pulses
Moong, rajma, chana and masoor are excellent sources of iron. Include dal, sprouts or pulse-based dishes in your meals, or add them to soups and salads.

Pumpkin seeds
Rich in iron and easy to carry, pumpkin seeds make a nutritious snack. Enjoy them roasted or sprinkle them over yoghurt and salads.

Beetroot
Beetroot contains iron, folate and other nutrients that support healthy blood production. Add grated beetroot to salads and raitas, or enjoy steamed beetroot with lemon and chaat masala.

Amaranth leaves (Chaulai)
These leafy greens are rich in nutrients and taste best when lightly cooked with spices and garlic. They pair well with millet-based rotis.

Sesame seeds
Sesame seeds provide iron and can be added to vegetables, chutneys and traditional snacks. Roasted sesame powder also makes a flavourful accompaniment to meals.

Drumstick leaves (Moringa)
Moringa leaves are naturally rich in iron. Fresh or powdered leaves can be added to dals, soups, salads and parathas.

Garden cress (Halim/Aliv) Seeds
Among the richest plant-based sources of iron, these seeds can be mixed into laddoos or soaked and added to smoothies.

Boost iron absorption
Pair iron-rich foods with vitamin C sources such as lemon, amla, guava or tomatoes. Cooking in cast-iron cookware may also increase the iron content of meals. —Femina

MIRRORLIGHTS

New copper compound reduces Alzheimer's proteins, improves memory function

A drug that delivers copper to the brain could significantly reduce toxic proteins linked to Alzheimer's disease and improve long-term spatial memory, according to a study by researchers at Monash University in Australia.

Alzheimer's disease, the most common form of dementia, is driven by the build-up of amyloid-beta proteins in the brain. Normally, these proteins are cleared into the bloodstream through pumps in the blood-brain barrier. However, in Alzheimer's disease, these pumps, known as P-glycoprotein (P-gp), become less effective, allowing toxic proteins to accumulate.

The study, published in ACS Chemical Neuroscience, found that a copper-containing compound, Cu(ATSM), restored the function of these waste-clearing pumps in a mouse model of Alzheimer's disease.

Lead author Jae Pyun of the Monash Institute of Pharmaceutical Sciences said the treatment increased P-gp pump abundance by 24.1 per cent, helping the brain remove trapped waste. Over a 56-day period, toxic amyloid-beta levels fell by 42 per cent, while spatial learning improved by nearly 44 per cent. —PTI

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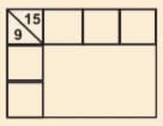
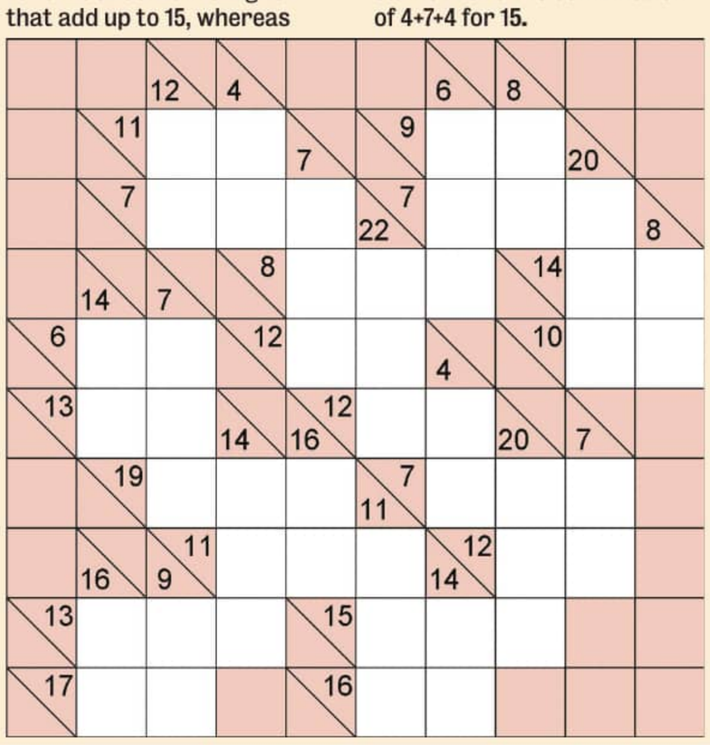
Kakuro

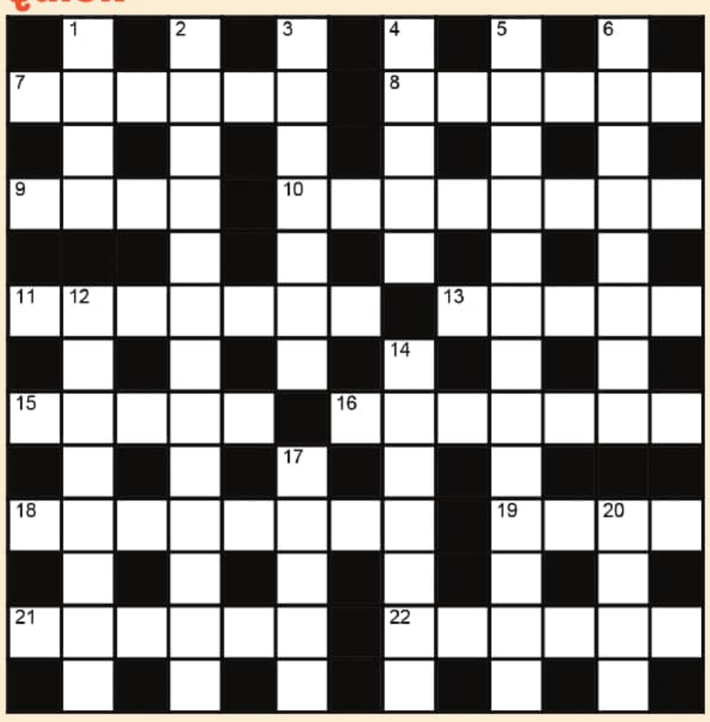
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Come into view (6)
8 Pert. to society (6)
9 Not working (4)
10 Theme park located on the Place Grounds (3,5)
11 Pain-relieving drug (7)
13 2010 FIFA World Cup Champions (5)
15 Mocks or scoffs at (5)
16 Adolescence (7)
18 Sends a missive, should we say? (6,2)
19 Mild and humble (4)
21 Embryonic (6)
22 Exactly right, colloquially speaking? (4,2)

DOWN

1 Accelerated (4)
2 Decline; worsening (13)
3 Deal illegally in (7)
4 Employing (5)
5 Musical backing (13)
6 Leaping over (8)
12 Guiding (8)
14 A stronghold–"Obtrude" anagram? (7)
17 Collectively (2,3)
20 English public school (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS P

MC D JDG LO MSXDT MB MT HXLHYX JRL EXB VMYYXS.

Linemaro

Do you know what would look good on you? Me

Mindchow

I'm thankful for all those who said no to me. It's because of them that I am doing it myself

Joke of the day

I asked my old man if I could go ice skating on the lake. He told me, 'Wait till it gets warmer.'

Loop

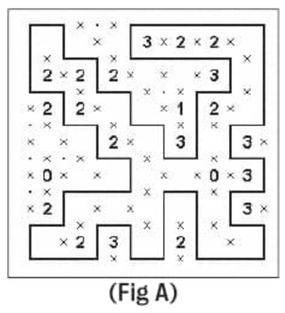
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

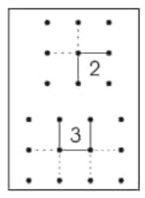
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

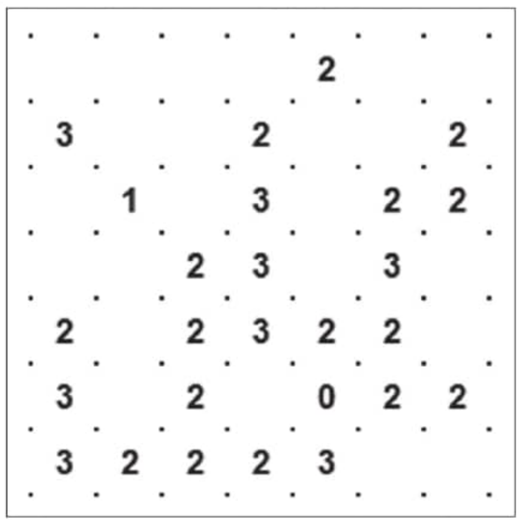
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



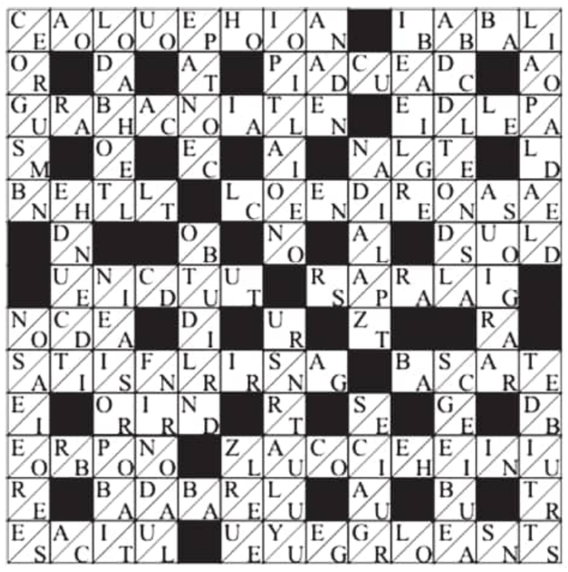
(Fig A)



(Fig B) Not Allowed



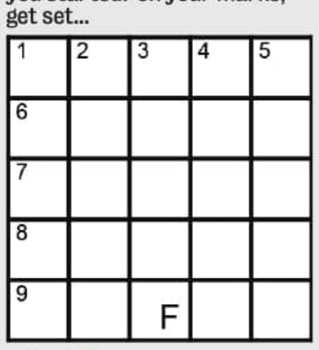
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

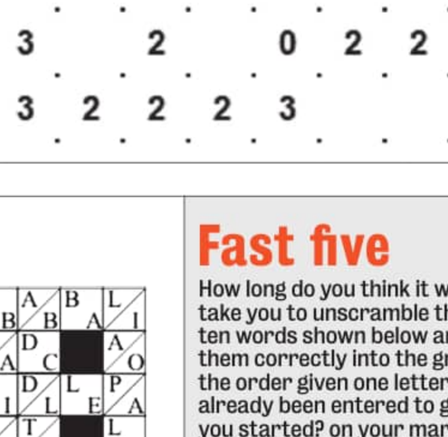
1 Me deb; 6 I loom; 7 Be led; 8 Mauls; 9 I fret

DOWN

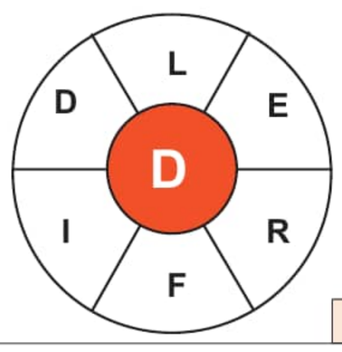
1 Bream; 2 Ell mo; 3 UFO be; 4 Emile; 5 DDT is

Mensapuzzle

Which number completes this puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

14 Average; **16** Good; **18** Outstanding

SudokuChallenge

9	4				8			
	7			2				
	1				7	3	5	4
					9	7		1
		2				9		
6		1	3					
4	6	5	1				3	
				4			2	
			6				1	9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 23

1 6 9 9

Medium

= 2

7 8 9 9

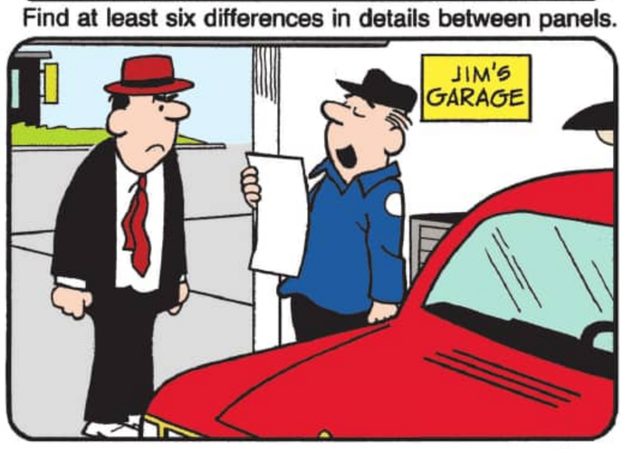
Hard

= 33

1 3 9 4

Hocusfocus

Find at least six differences in details between panels.



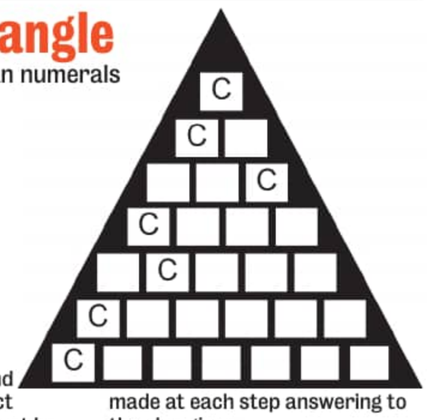
Differences: 1. Steering wheel is moved. 2. Sign is moved. 3. Patch is added to sleeve. 4. Garage door opening is not as wide, 5. Top of windshield is rounded. 6. Mouth is different.

Riddler

Each sentence below contains a word that can be anagrammed to answer or describe the sentence. Example: Craft that might tip in the ocean. Answer: Canoe (Anagram of ocean)

Alpha triangle

1 Hundred in Roman numerals
2 Calcium symbol
3 Curve
4 Feel concern
5 Frighten
6 Unrefined
7 Party on

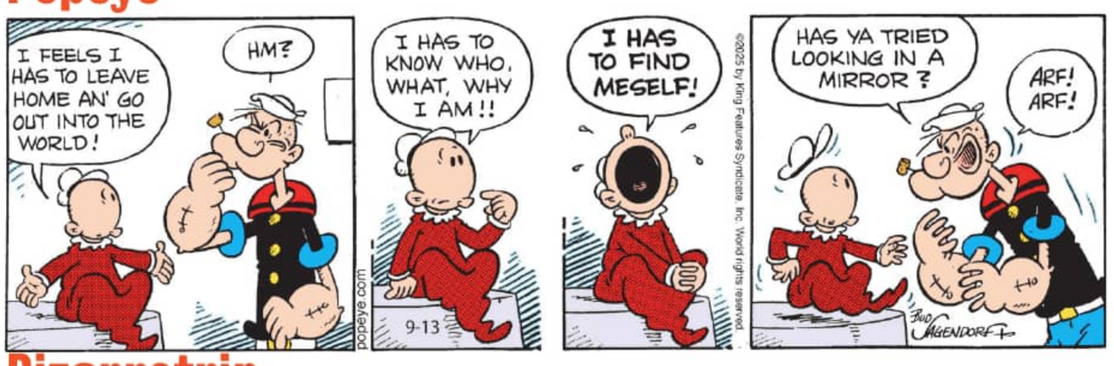


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

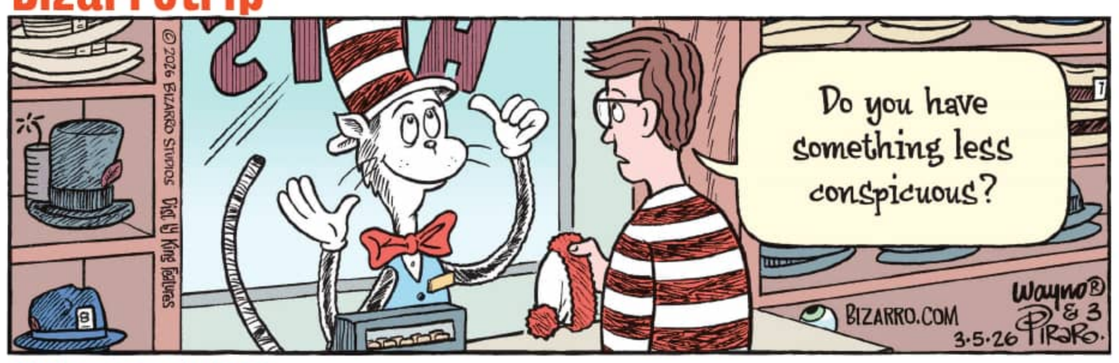
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



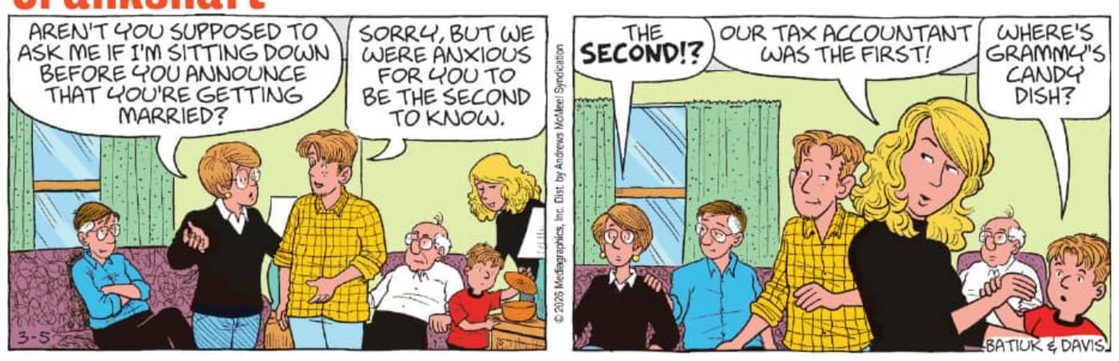
Bizarrotrip



Diamond Lil

Hart of the city

Crankshaft



Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Focus on home and hearth today; redecorating your living space will bring immense mental peace. Career pressure eases up, allowing you to catch your breath and plan your next big strategic move. A legal or bureaucratic matter resolves in your financial favor. Love requires mutual respect and giving each other breathing room to grow independently.

Aries Mar 21 – Apr 20

Asking others for help today becomes a valuable opportunity for learning and personal growth. Support does not weaken your independence; instead, it strengthens your abilities. Collaboration brings fresh perspectives, guidance, and meaningful solutions your way beautifully.

Taurus Apr 21 – May 20

Powerful personalities around you today inspire growth, creativity, and new ways of thinking beautifully. Instead of feeling intimidated, observe carefully and learn from their strengths. Their influence motivates you toward exciting personal and professional improvements naturally.

Gemini May 21 – Jun 21

Mental clarity finally arrives today, helping difficult decisions feel surprisingly easy and natural. Your confidence strengthens as uncertainty disappears completely. Trusting your instincts allows you to move forward decisively while enjoying peace of mind beautifully.

Cancer Jun 22 – July 23

Unexpected responsibilities today become opportunities to prove your hidden strengths and abilities confidently. Taking initiative impresses others while showcasing skills they may have underestimated before. Your dedication and adaptability help you stand out positively now.

Leo Jul 24 – Aug 23

Wonderful news brings excitement and celebration your way today, reminding you how far you've already come successfully. Embrace your achievements proudly instead of hiding them. Sharing joyful moments attracts positivity, admiration, and greater confidence naturally now.

Virgo Aug 24 – Sep 23

Finding answers today may require searching beyond the most obvious places or solutions. Remaining curious and open-minded helps uncover opportunities unexpectedly. A little extra effort and creative thinking guide you toward exactly what you need.

Libra Sep 24 – Oct 22

A strong wave of motivation helps you accomplish tasks efficiently and confidently today. Use this productive energy wisely by finishing postponed responsibilities completely. Staying focused now creates satisfaction, relief, and a well-deserved sense of accomplishment beautifully.

Scorpio Oct 23 – Nov 22

Exploring unfamiliar cultures, ideas, and perspectives broadens your understanding beautifully today. Trying new experiences helps you connect better with others while expanding your mindset positively. Curiosity and openness create meaningful growth and stronger emotional awareness naturally.

Sagittarius Nov 23 – Dec 22

Your humor and sarcasm may feel playful today, though others could misunderstand your intentions unexpectedly. Choosing words carefully helps avoid unnecessary tension or hurt feelings. Thoughtful communication keeps interactions positive while preserving harmony in relationships beautifully now.

Capricorn Dec 23 – Jan 20

Your energetic and uplifting attitude inspires everyone around you today, creating a highly productive atmosphere naturally. Positive momentum spreads quickly through your interactions. Bringing this enthusiasm into work and daily tasks helps everything progress efficiently and smoothly.

Aquarius Jan 21 – Feb 19

Today encourages stronger discipline, structure, and focus within your daily life and routines. Avoid unnecessary distractions or involvement in drama around you. Staying productive and committed to personal goals helps create balance, clarity, and long-term success.

Pisces Feb 20 – Mar 20

Everything may seem slower today simply because your preparation and planning already placed you ahead comfortably. Instead of worrying unnecessarily, allow yourself time to relax and recharge peacefully. Your organized efforts have already secured excellent progress ahead.

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Ayesha Arbin, 12 Years, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

√(4 + 5) = 3
√(22 + 3) = 5
√(44 + 5) = 7
√(74 + 7) = 9

RIDDLER

1. Dread,
2. Sabre,
3. Cloud

STRIKE OUT

C	O	L	O	P	H	O	N	■	B	A	A	L	■	■
R	■	A	■	P	A	C	E	D	■	O	■	■	■	■
U	R	B	A	N	I	T	E	■	I	D	E	A	■	■
M	■	E	■	I	■	A	G	E	■	D	■	■	■	■
B	E	L	L	■	C	O	N	D	E	N	S	E	■	■
■	■	D	■	■	N	■	A	■	D	U	D	■	■	■
■	■	U	N	C	U	T	■	S	P	R	A	G	■	■
■	■	O	C	A	■	I	■	U	■	T	■	A	■	■
S	T	I	F	L	I	N	G	■	A	C	R	E	■	■
I	■	R	I	D	■	R	■	S	■	E	■	D	■	■
E	B	O	N	■	Z	U	C	H	I	N	I	■	■	■
R	■	B	A	B	E	L	■	A	■	B	■	T	■	■
S	A	I	L	■	E	Y	E	G	L	A	S	S	■	■

QUOTE UNCODE

In a war of ideas it is people who get killed.

E	M	B	E	D
M	O	O	L	I
A	L	U	M	S
B	L	E	E	D
R	E	F	I	T

FAST FIVE

QUICK

S	■	A	■	■	■	■	■	■	■	■	■	■	■	■
A	■	P	■	■	■	■	■	■	■	■	■	■	■	■
I	■	D	L	E	■	■	■	■	■	■	■	■	■	■
L	■	E	■	T	■	■	■	■	■	■	■	■	■	■
■	■	■	■	R	■	■	■	■	■	■	■	■	■	■
■	■	■	■	F	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE

43. In each circle, starting top left and moving clockwise, multiply each number by 3 and subtract 5 to give the next number.

BULL'S EYE

dell, died, dire, dried, fiddle, FIDDLER, field, filed, fired, fled, fried, idle, idled, idler, lied, riddle, ride, rifled

SUDOKU

3	2	7	6	8	5	4	1	9
1	8	9	7	4	3	5	2	6
4	6	5	1	9	2	8	3	7
6	9	1	3	7	4	2	8	5
7	5	2	8	1	6	9	4	3
8	3	4	2	5	9	7	6	1
2	1	8	9	6	7	3	5	4
5	7	3	4	2	1	6	9	8
9	4	6	5	3	8	1	7	2

ALPHA TRIANGLE

C, Ca, Arc,
Care, Scare,
Coarse, Carouse.

GO FIGURE

Easy
9 + 6 + 9 - 1 = 23
Medium
9 / 9 + 8 - 7 = 2
Hard
4 x 9 x 1 - 3 = 33

LOOP

KAKURO

■	■	■	9	7	■	■	8	9	■	■	■	■	■	■
■	■	9	5	1	■	■	9	2	7	■	■	■	■	■
■	7	2	4	1	■	■	8	3	6	■	■	■	■	■
4	1	3	2	8	■	■	5	1	9	■	■	■	■	■
2	8	1	5	4	■	■	7	4	3	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	7	9	■	■	3	1	5	■	■	■	■	■
■	■	8	9	2	■	■	1	7	3	■	■	■	■	■
■	9	4	3	2	1	■	2	8	9	■	■	■	■	■
9	5	1	■	4	8	3	■	5	1	2	■	■	■	■
7	3	■	2	1	5	9	■	9	4	3	■	■	■	■

Volume No 19, Issue No 118 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by Lokesh K.V. at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore-560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru–560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon–responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # Special appearance
Pankaj Tripathi to appear in a cameo in Amit Rai's 'Dharma', film features 240 dogs

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Platform for artists

Kannada reality show Comedy Kilaadigalu has long served as a launchpad for aspiring performers, giving talents like Minchu, Praveen Gasti Gokak and Chidambara Poojari the opportunity to transition into Sandalwood. Building on that success, a new show titled Mahaan Kilaadigalu is now set to provide another stage for prospective actors.

The trailer of Mahaan Kilaadigalu was unveiled at Renukamba Preview Theatre recently.

T Saravana, MLC, Dr N Narasimhamurthy, an industrialist, Srikanth, Dr Mokshagunda Guruji and Bhargava were present.

"The quality of the trailer is very good and deserves appreciation," said MLC Saravana.

Producer Minchu said that he discussed the concept of the reality show with his friend Praveen Gasti. "We advertised on social media inviting applications from the prospective artistes. More than 1,000 people attended auditions. Finally, we selected 22 of them for this reality show," said Minchu.

Esha's next project

Actor Esha Deol is set to explore the horror-comedy genre for the first time with the upcoming movie Ghunghat. It is expected to be made in Kannada and Telugu apart from Hindi. The movie, directed by Rajiv S Ruia, is backed by Bangalore-based producer Devesh Kumar under the banner of Native Cinemas. It is said the movie promises a blend of spooky thrills, comedy, emotions and social messaging.

Speaking about the film, Deol said, "Ghunghat is a completely new genre for me to explore. I have always enjoyed being part of comedies and have done horror earlier, but this is a mix of both. What I loved about the script is that along with the fun and spooky elements, it also carries a meaningful message. It's emotional, entertaining and something very different for me as an actor."

Director Rajiv S Ruia, known for his work in fantasy and horror entertainers, is bringing his signature style to the project, aiming to create a family entertainer with both chills and comedy. The film will be released in Hindi, Kannada and Telugu.

FIT START AHEAD

Actress Shilpa Shetty shares glimpse of her workout, pushes fans to be consistent in fitness journey

Actress Shilpa Shetty kicked off the week by doling out a dose of Monday motivation for fitness enthusiasts. In her latest post, she shared a mobility challenge workout focused on improving balance, flexibility and overall body control.

In her caption, she also encouraged fans to stay consistent with their fitness goals. In the video, the 'Dhadkan' actress could be seen performing a mobility challenge workout, focusing on balance, flexibility and controlled movements.

For the caption, she wrote, "How many times did you lose balance? Be honest Benefits of Mobility Challenge: - Improves shoulder mobility and flexibility through a wide range of movement. - Enhances upper and mid-back (thoracic spine) mobility for better posture and movement. - Increases hip mobility, helping you move more freely and efficiently. - Challenges balance, coordination, and overall body control. - Strengthens stabilising muscles while improving motor control. - Promotes smoother movement patterns and better joint health. - Builds body awareness, focus, and functional fitness."

Shilpa Shetty often shares videos of her workout and yoga sessions, giving regular glimpses of her fitness routine.

Meanwhile, Shilpa Shetty had recently celebrated her 51st birthday. She shared a heartwarming glimpse of her perfect birthday celebration, which she enjoyed with her family by her side. The 'Hungama 2' actress posted a video from the special day on Instagram. The clip showed Shilpa cutting the cake with her husband Raj Kundra, while her kids sang the birthday song for her. The doting mom also enjoyed the cake and received a special gift that left her surprised.

Alongside the sweet video, Shilpa wrote, "Just the perfect Birthday, with my loved ones. Thankyouuuuuu for all your good wishes and blessings. Heart is filled with soooo much love. Heartfelt gratitude.". —ETimes

Sharvari's got a busy schedule ahead

Actor Sharvari appears to be heading into another exciting phase of her career. After earning appreciation for her recent performance in 'Main Vaapas Aaunga', the actress is now reportedly in consideration for a new film directed by Luv Ranjan. The project is expected to feature Kartik Aaryan in the lead role. Although an official announcement is yet to be made, reports suggest that discussions are progressing positively.

Even as discussions continue regarding the Luv Ranjan project, Sharvari already has an impressive lineup of films. The actress is preparing to promote 'Alpha', one of the most anticipated entries in the YRF Spy Universe.

The action entertainer is scheduled to hit theatres on July 3 and is expected to showcase Sharvari in a completely different avatar. Apart from 'Alpha', she is also set to headline filmmaker Sooraj Barjatya's 'Yeh Prem Mol Liya'. Sharvari's latest outing, 'Main Vaapas Aaunga', added further momentum to her career. —ETimes

Ignore the noise, love yourself

Madhuri Dixit is basking in the praise coming her way for 'Maa Behen', her latest OTT release. The pulp comedy has struck a chord with audiences for blending humour with a deeper commentary on the judgments women routinely face.

The film's themes resonate with experiences Madhuri has encountered in her own life. The actor opened up about facing criticism and body-shaming during the early days of her career in the 1980s.

Reflecting on society's tendency to comment on women's appearances, the actor pointed out how such judgments are deeply ingrained in everyday interactions. Madhuri believes she had one advantage that many public figures today do not, the absence of social media. The actress said that the criticism existed then as well, but it did not reach celebrities as directly as it does now.

"Today, because of social media and the anonymity that comes with it, people can say anything. But one should be more focused on what they're doing and what they're passionate about and enjoy and love doing. The idea is to love yourself," she says. —ETimes

Perrie Edwards ties the knot

Singer Perrie Edwards and her footballer beau Alex Oxlade-Chamberlain, officially tied the knot in Portugal after nearly a decade together.

The wedding took place on Saturday in Faro, with family and close friends gathering for the hush-hush ceremony. The happy news comes just months after the couple welcomed their second child, daughter Alanis Valentine, born in January 2026. The couple are also parents to son Axel, who was born in August 2021.

Following the ceremony, Edwards was photographed leaving the church hand-in-hand with Oxlade-Chamberlain, who wore a classic black tuxedo complemented by a matching lily boutonniere. —ETimes